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VADE MECUM, VOLVENTIBUS ANNIS

THE MAYANS
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TEXAS

Degree 3

Number 13

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MY
HEART
SHALL NOT FEAR

THE 13TH REVELATION

THE THIRTEENTH REVELATION

The Conquest of Evil in the Guise of Fear

TO THE MAYAN LECTOR OF THE THIRD DEGREE.

Beloved Companion:

Grace, Mercy, Peace from God the Father and Christ Jesus, our Lord.

WE SALUTE YOU AS YOU PROCEED IN THE HIGHER LEARNING WITH THE MAYAN SYMBOL
which expresses our three passwords.

All who take up the study of the sacred truths eventually look forward to the day when they will be elected by their God to go forth into the world with a message of light and true knowledge.

Somewhere deep within every soul there is hidden a tremendous longing, a holy desire for self-expression, a good wish to be of real help to less enlightened brethren.

You have been appointed a Mayan Lector. The meaning of this title has been made known to you. As a reader of Secret Principles, you fulfill that office in part as a teacher; as a leader of others, you fulfill it more thoroughly but only by the PRACTICE of your teachings, the actual use of them, do you fulfill this office completely. Please understand that it is not obligatory that you go out and bring others the benefits of your learning or that you even turn their footsteps in Mayan Paths. That is a privilege of your office and the degrees vested in you.

The Mayan Order does not ask that you crusade to convert others but it is likely that you, of your own desire, will want to do so; you will know a growing urge to do so and, fulfilling this part of your Companionship, you will gain much merit.

Our order does not seek large groups of followers. Its members are select. You, as an M.L. of the Order, may now recommend anyone you consider worthy and desirous of affiliation with us. Your recommendation will bear great weight with the Board of Trustees in deciding upon his admission.

"The Mystic realizes", says Manly Hall in his Talks To Students, "that the way to gain is to give and that when he strives to give the world that which he has received, he is most certain to receive more. As his thoughts and ideals are lifted to ever nobler and finer things, as he tries to prove to others the existence of these subtler forms, his own consciousness is lifted and he is inspired in his message to man. He, then, not only gives forth but also receives a great spiritual ordination, a baptism of life and power which glorifies him as in his humble way he seeks to glorify it."

As you discover, more and more, your power to help those about you by the application of the principles you are being taught, you will become more and more aware of the greatest evil that the race of man must combat -- FEAR. The Conquest of Fear is the purpose of this Thirteenth Revelation.

Sometimes Fear is present without our being aware of it. Sometimes we know Fear, but feel powerless to combat it. Sometimes you will see Fear written large on the countenance of some friend. Fear - Panic Fear - is akin to insanity. It cannot be reasoned with. It can only be overcome by action.

The sight of Panic Fear, Fear triumphantly standing forth, stark, staring, mad-eyed naked Fear, is a horrible sight to see. Such Fear is like uncontrolled fire, it easily spreads to those nearby and ignites their natures with its madness.

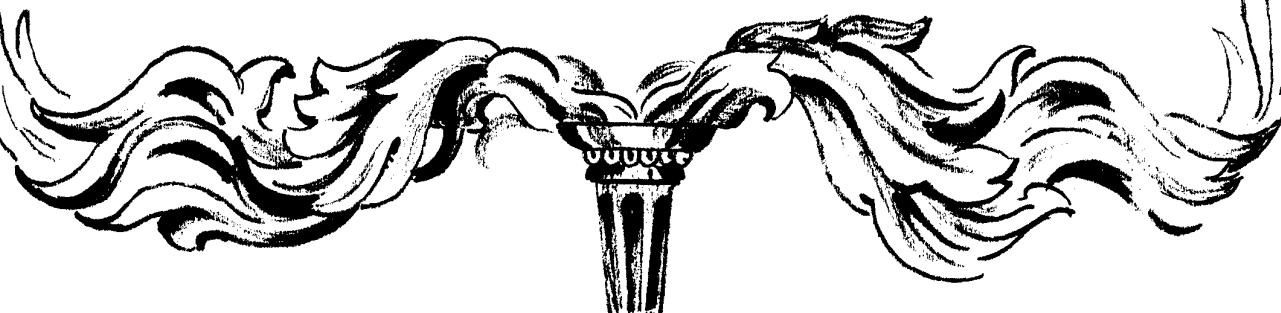
When Fear so reveals itself through the eyes of some fellow-being it is in a form most difficult to overcome but it can be overcome. One individual pouring forth an aura of calm, cool courage has stopped the maddened flight of panic-stricken mobs. One individual who expressed confident leadership has calmed the frenzied self-destruction of many.

We all remember eye-witness accounts of the panic of passengers on a sinking ship and how they were calmed and brought to orderly action when a leader directed their actions intelligently. Who does not remember the heroic band of musicians who, on the ill-fated Titanic, played soothing music when everyone expected the ship to sink any moment? Who cannot recall some instance like that of the Iroquois Theater fire and the horrible results when such leadership was lacking?

Fear is like an uncontrolled fire of the Mind. Like fire, its flames can be quenched when some mental leader plays upon it a stream of cool, confident courage. The strength of your leadership is governed by your mastery of the psychology taught in this lesson.

It is seldom that one encounters this uncontrolled form of Fear. When one does, it calls for a leader who, first of all, recognizes the need for directed action and gives Commands for Action forcefully, masterfully and with cool, confident Courage. As he gains control, the Panic Fear subsides, a psychological reaction sets in and he can administer the logic of the principles which you, as a Mayan, are taught. In this way, he can calm excited nerves, restore confidence and offer comfort until sanity is restored.

That is the Fear that is panic. Ugly as it is, Fear has a still more awful face. This is the Fear that is buried deep in the recesses of the Sub-Consciousness. Psychologists call these Fears "complexes". This is Fear's most insidious form. In these cases, Fear is an invisible foe whose presence may be unknown, whose existence may be unrecognized but whose undirected actions may wreck the life of the individual who unknowingly harbors them. As one example, among countless thousands which we all know, we give the following story.



Mr. A. suddenly became aware of the fact that he was going blind. Anxiously, he consulted a dozen specialists but none could help him. As he was a man of means, he took a ship for Vienna, where there was a world-famous doctor but this man could not find anything wrong with his patient's organ of vision either. From Vienna, Mr. A. hastily departed for Belgium and from there back to New York, then over to London but everywhere the story was the same.

Not one of the famous doctors he consulted could find anything wrong with his eyes, yet, day by day, the light slowly dimmed for him. Slowly, a curtain was being drawn, forever blotting out his vision. It was about this time that he chanced to meet a certain man, learned in secret knowledge, a man who had understood the true message of Christ.

The good man soon brought out that when Mr. A. had been a boy, his mother had become blind. All through his boyhood, he had felt a great compassion for her in her affliction. Often, he had yearned for the ability to trade his young eyes for hers that sight might be restored to her. Many times he had imagined himself as being blind so that he could know and understand how his beloved mother felt, dwelling beside him yet living in a world of darkness.

Unconsciously, out of his strong feelings of sympathy for her, there was created in his Sub-Conscious mind a fear of blindness. While in his Conscious mind he would gladly have given her his sight and gone blind himself, in his Sub-Conscious mind he was piling up a terrible fear of himself being blind some day.

His boyish mind unconsciously conceived of "some day" as being about the time he reached the age that his mother was when she lost her sight.

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Now, those of you who have studied psychology, note this: Never, at any time, did this boy consciously recognize this Fear. Never, at any time, was Mr. A., the man, aware of it. Nevertheless, when he reached the age visioned in his Sub-Conscious thoughts, that which he feared came upon him. He was going blind. There was nothing organically wrong with him. He was a normal, everyday, successful, sensible business man to whom ordinary Fear was a thing unknown.

The good man whom Mr. A. had consulted in desperation recognized the Fear in the Sub-Consciousness and dragged it out into the full light of day. There, and only there, could it be recognized for what it was - and destroyed.

By applying the simple truth of Mayan principles, these and thousands - yes, millions - of similar cases can be cured. The cure is within you.

FEAR IS ONLY A NEGATIVE BELIEF.

It is a complete faith that something frightful or undesirable is going to come to pass.

What we Believe and confidently expect is what we will get - even if it is undesirable - even if it is horrible - even if it is unwanted.

That is the negative side of the "Wish Principle". Thoughts are things. Mind does Create. That which we think, in time, becomes - Us.

Do not, therefore, think Fear thoughts; do not think evil; do not think failure; do not allow any form of Fear to be harbored within you, and you need never say, as Job did:

"For the thing which I feared is come upon me, and
That which I am afraid of, cometh unto me."

-- Job, 3:25.

(The total of the numbers of this chapter and verse is ten; plus the letters in Job; they equal thirteen.)

"I am not at ease, neither am I quiet, neither have I rest; but trouble cometh." Job complained and he was right, for:

WORRY AND FEAR ARE THE PARENTS OF MISFORTUNE.

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To many people, the story of Mr. A. may sound like superstition. It most decidedly is not. Any professor of psychology will tell you that we are so constituted that such things are possible; and not only possible but that they do happen, and are happening every day. Most of you who read these lines, possessed of unusual minds as you have proved yourselves to be, know of someone, perhaps someone near to you, who is ridden by the ghost of some Fear, dwelling deep down inside himself, beyond the realm of Consciousness.

If you do know someone like that, would it not be a good act to try to help him by administering the principles known to you as a Mayan? Do not force your help upon him; merely try telling him some of the truths that you have learned. He should seek your help, earnestly and sincerely, before you can give it to him, but you must first let him know that you can bring him help.

Remember, there are many, many forms that Fear may take; that, in most of these forms, the Fear is so masked that it may be difficult to discover. It may be so hidden that the very person whom it is torturing will be the last to realize its existence.

FEAR IS A NEGATIVE FORM OF CONFIDENT EXPECTATION.
WHAT YOU CONFIDENTLY EXPECT IS WHAT YOU WILL GET.

"Fear thou not, for I am with thee; be not dismayed, for I am Thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." -- Isaiah 41:10.

This Revelation is numbered with a figure that many people fear, the number 13. Mayans know that the total of 13 is four; and four is the number of parts of our Being. If our Being is surcharged with thoughts of Fear, then 13 would be "unlucky". An examination of general history will reveal as many good things wherein the number 13 appears as evil.

Mayans living in the United States will recall that this country started with 13 colonies, or States, and 13 stars in the first flag, etc., etc.

Mayans will think immediately of the 13 who first spread the Gospel, Christ and his twelve Apostles, and many similar examples that most certainly are not evil.

If ill health or misfortune seem to dog your footsteps, you may be sure that YOU were the one who brought it. The usual sequence begins with a Fear that some particularly undesirable thing may take place; then, entertainment of this thought; then worry, worry, worry until, sure enough, it does take place. Worry is always Fear. Fear is merely creative thought in negative form.

Avoid one and the other will stay away.
Misfortune may come but she will soon leave
If you do not invite her parents to stay.



Think back to the period of recovery from the last cycle of the Depression. What lessons did the world learn from it?

It seems now a long way back to 1929. The earlier members of the Mayan Order may recall the Mayan predictions for that year and their fulfillment.

In early 1929 the business outlook was fine - apparently. Remember how rosy everything looked and life was one grand sweet song? An investor could close his eyes and buy stock - any stock - and overnight he would have a profit. Our crops were worth billions of dollars. In every city in the country, great skyscrapers of 50 - 80 - 90 - 100 stories were being erected; great new subdivisions for home owners were being opened. The banks were sound, everybody was busy. The government was lending billions of dollars to other countries. People were employed at higher salaries than ever before. Everyone was prosperous.

Then - like a cold, blighting wind - rumors swept across the country. Most people laughed at first but the ugly thought that the rumors might be true remained. The rumors of Fear spread to Europe - around the world - and back to America. It was like a person who, on a hot summer day, is suddenly attacked by malaria. The rumors chased around the world like cold chills. Then it happened!

Overnight, prosperity vanished - gone, utterly. The stock markets, where yesterday the stocks were happily climbing skyward, today were falling so fast the clerks could not write the new figures down before they had dropped further. The crash came and with it came stark, raving, mad-eyed Fear.

There is no question but that there was some cause for Fear then, just as there was need for caution before all this happened. Prices were too high. Credit was overexpanded. Values were inflated. Economic conditions as they were could not have continued indefinitely. But without the panic of Fear, the sound financial structures would not have suffered. The terrible "Depression" would not have resulted. Fear visualized it first; Fear brought it into being, and Fear nurtured it.

There is no intelligence in panic or Fear, only madness. It is the scourge of humanity. It begets its own kind in more madness. It is one of the Beasts spoken of in Revelation that is, as yet, unrecognized. There is a Hell but you can only know it through Fear.



"Fear God and take your own part", said the famous "Teddy" Roosevelt. Fear God ... Can this be sound practice? Did He intend that we fear Him?

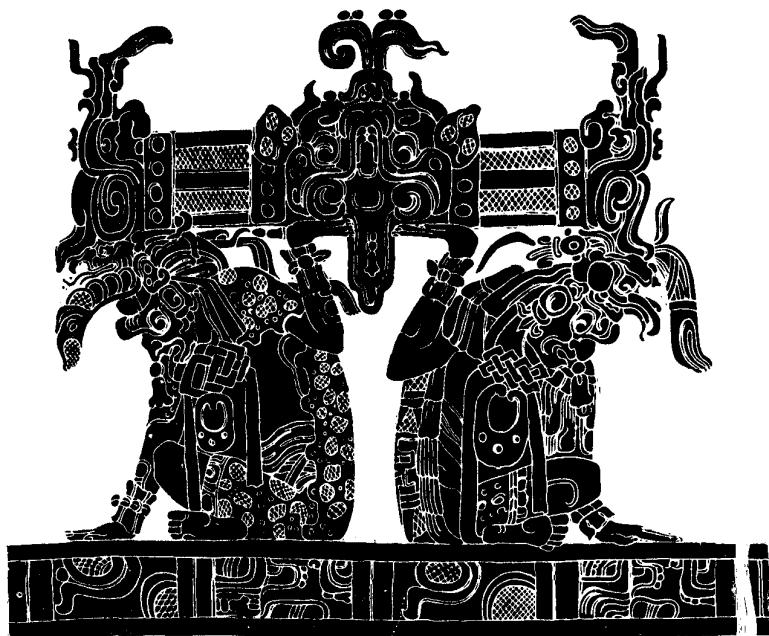


My friends, of all the errors in translation, perhaps this one is the most serious. The meanings of words change with use through the centuries. By shades and by degrees their meanings vary until, at last, they are used to express a vastly different meaning than they did originally.

We are the Sons of God. He is our Father. Should a son fear his father? NO! He should respect him. That is the true meaning of the Biblical exhortation to "Fear God".

WE ARE WITHIN GOD ... GOD IS WITHIN US ... RESPECT THE GOD WHO IS WITHIN AND ALL ABOUT - OMNIPRESENT. But do not fear, in the sense that word is understood today. LOVE GOD, KNOW GOD, RESPECT GOD, FOR THOU ART A VERY PART OF HIM.

Can a man stand in cringing, craven Fear and have respect for himself? Hardly. RESPECT GOD WITHIN YOU, O MY MAYAN COMPANIONS, BY KNOWING NOT FEAR BUT UNIVERSAL LOVE AND RESPECT.



IN THE WORDS OF REVELATION 1:17

"And when I saw Him, I fell at His feet as one dead. And He laid His right hand upon me, saying 'FEAR NOT; I am the first and the last.'"

YEA COMPANIONS, GOD IS ALL - ALL IS GOD.

The Keys of Death and of Hades are Fear and Worry.
Use them not.

"Jehovah is my Light and my Salvation;

Whom shall I fear?

Jehovah is the Strength of my life;

Of whom should I be afraid?"

MY HEART SHALL NOT FEAR

"Be strong and let thy heart take courage;

Yea, wait thou for Jehovah."

-- A Psalm of David
Psalms 27:1, 3 (which totals 13)

"There is no Fear in love; but perfect love
casteth out Fear ... and he that feareth is
not made perfect in love."

— John 4:18 (which totals 13)

"For God gave us not a spirit of Fearfulness;
but of power and love and discipline."
-- 11 Timothy 1:7

"For ye have received not the spirit of bondage again
to Fear; but ye have received the spirit of adoption,
whereby we cry, 'Abba, Father.'"

-- Romans 8:15

"Peace I leave with you, My Peace I give unto you; not
as the world giveth, give I unto you. Let not your
heart be troubled, NEITHER LET IT BE FEARFUL."
-- John 14:27



From the standpoint of psychology, we know that God placed in the psyche of man the faculty of Caution. Caution serves a good and useful purpose when it is not used in excess.

Rational caution is a desirable thing. Without it, we might all drive our automobiles at the top limit of their speeds. But sane caution, not fear, should govern our tendency toward excess. Caution is a conserving force; FEAR IS A DESTRUCTIVE FORCE.

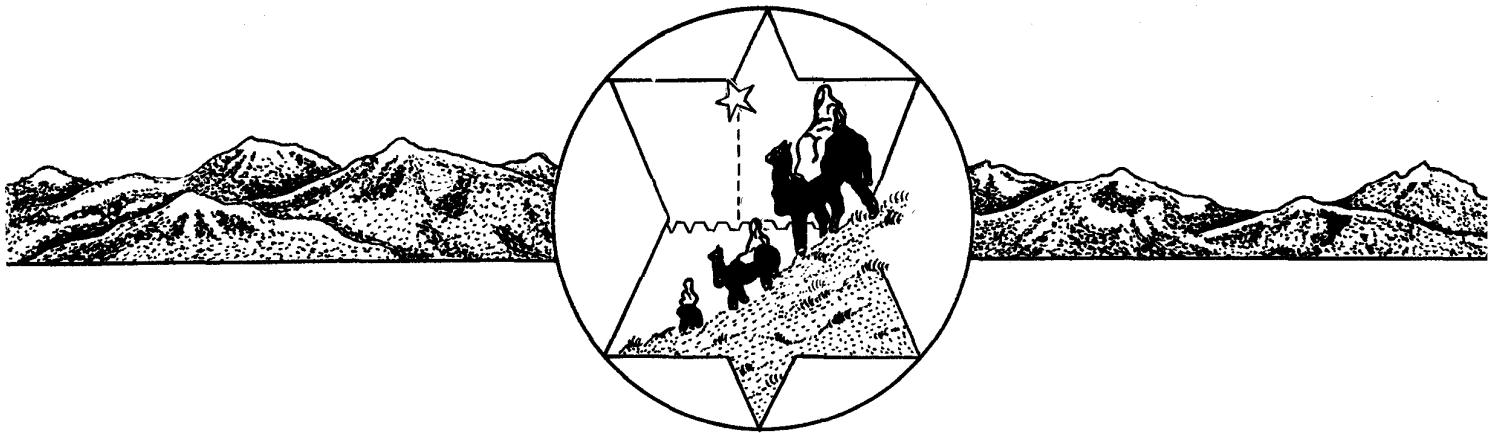
This phase of the subject could be enlarged to a great extent. Teachers of psychology usually do so but enough has been said in the two preceding paragraphs so I shall not use more space for the purpose of expanding. There is an important psychological principle here, however, that our Companions should not pass over hastily. Devote due thought to it - it is important. Let me repeat the law again and pass on.

CAUTION is a Conserving Force.
FEAR is a Destructive Force.

Learn to analyze reactions so that you can readily distinguish between the two.

We all know that Fear can cause a person's face to pale.
We all know that it can stop the heart from beating.
We all have read of it sometimes actually causing death
or insanity or, overnight, turning the hair grey. It
stops digestion, it makes wrinkles, it ruins health.

OVERCOME FEAR AND YOU OVERCOME THE ACTUAL
CAUSE OF NINETY PERCENT OF ALL ILL-HEALTH



In the Himalaya Mountains of Tibet, holy men sometimes sit unclothed, exposed to the icy blasts and raging elements, for several days at a time without ever "taking cold" or catching pneumonia.

The Indians in the desert of Arizona and other people in different parts of the world walk on beds of hot coals, barefooted, without being singed, much less burned.

Every function of the human body is controlled by Mind. These functions are speeded up or slowed down as required by your Mind. If you fear fever, your resistance to fever is lowered and your Fear mounts. It is fed by the physical reactions of which you are sub-consciously aware taking place within your body. As Fear grows, you hold ever more strongly to the thought of fever and, naturally, as a result, the fever mounts too. **WHAT YOU HAVE HELD IN YOUR MIND IS CREATED.** If the Fear continues to grow, you may succumb to it.

Most likely, however, some good friend will call the family doctor in time. The good doctor arrives. You eye him wildly to see if he, too, is frightened by your condition. Unconsciously, you rather hope he is. Your ego would like to see him get panic-stricken upon seeing you so hopelessly sick. But no, he probably has a tricky twinkle in his eye as he makes some joke. You resent this but immediately come to the conclusion that he evidently isn't very much impressed with the desperateness of your situation or that he has probably seen many worse off than you or that he must be very sure that he can cure you!

To impress him, you moan a little. He may look serious and in a cool, masterly, confidence-inspiring manner, proceed to carry out his examination. He will probably speak a few words of comfort. If he is a successful doctor, he won't tell you that you are not sick, he won't argue with you but he might look grave for a moment, then, coolly confident, he assures you that he will have you "up and about in a jiffy." Perhaps he will prescribe some nauseous dose (perhaps a moderate dose of some actual poison), then, return to his cheery manner and, after assuring you that he will return tomorrow, take his cheery departure.

You are surprised that he can be so cheerful but, withal, you feel that he probably knows his business or he wouldn't be so happy-hearted. Your Fear has subsided. Next day the fever is down and, after that, your Fear is gone. Now, it is only a matter of how long you believe it will take you, to be out of your sick-bed. You are cured.

But your cure was not in that doctor's medicine, not in his chemicals. Your cure was accomplished through that doctor's calm, cool courage; his air of competence, confidence and mastery.

With these, he overcame your Fear and the moment he did that, you were cured.

It is truly amazing how many intelligent people possess the Will to be ill. One man fears appendicitis and it's only a matter of time until you hear of his developing a case of appendicitis. Another fears a contagious disease; shortly, he probably develops it.

Yes, I am aware, of course, that contagious diseases are caused by tiny organisms and microscopic plants, in short, germs; but, except in the rarest cases, your physical system takes care of these foreigners when they get inside of your body. Why, the average person is exposed to contagious disease germs at least a thousand times a day.

Why is it, do you suppose, that a doctor or a nurse, working in a virulently contagious ward of a hospital for perhaps years on end, never contracts a disease, while some fearful individual accidentally inhales the fumes of some chemical and immediately develops a lung tumor?

Germs do exist and there are probably some atomic creatures small enough to find lodging in the germ's system, just as the germs attempt to build colonies within our systems but we have the means within us to overcome these invasions.

Whether you take medicines from the family doctor or prescriptions from a high-priced specialist, if you are cured, the principle that causes your cure is the same. Whether an old Indian Medicine-man dances over you and beats his tom-tom or an ancient Egyptian priest exorcises the devils out of you or some medical expert treats you, if you are cured, you are cured by the same principle.

IT IS THE PRINCIPLE TAUGHT BY CHRIST.

THY FAITH SHALL MAKE THEE WHOLE

(Remember that Fear is only a Negative faith. It is a belief in evil that is to come or has come.)

ACCORDING TO THY FAITH - SO BE IT

In Chicago, there is an amusing group of people, ranging from youth to one member over seventy years of age, who meet daily on the North Shore of Lake Michigan throughout the winter. They are known as the Eskimo Club. It is their practice to go swimming in the icy waters every day throughout the winter, regardless of the temperature. Often, for weeks at a time, they must chop holes in the thick ice in order to do so. They never have been known to catch cold.

All about them, as they swim, are huge apartment houses whose inhabitants fear a cold when they happen to become aware of the slightest draft. They suffer with

one cold after another all winter and, perhaps, a good part of the summer also.

THE MIND CONTROLS EVERY FUNCTION OF THE BODY. THE MIND IS LIMITED ONLY BY YOUR CAPACITY FOR BELIEF.

If you believe in doctors and medicines, then by all means, use that method for overcoming Fear, but if you will believe or understand Christ's great teaching, you will see that there is little difference between the old tom-tom beating medicine man and the modern physician. When they cure, the cure is still accomplished by the principle Christ taught.

WITHIN YOU IS THE POWER FEAR NOT - BE NOT AFRAID

Turn out the light in the room you are now occupying. The room is in darkness. Darkness is always associated with Fear. A child instinctively fears the dark. It represents the unknown. We seem to come from a darkness when we are born. We think of death as darkness.

We ascend in a balloon to the stratosphere and find ourselves in a vast darkness. We descend to the bottom of the ocean in a bathosphere and find an inky darkness - the unknown - darkness - Fear.

But darkness is not a thing. It is merely the absence of light. Turn on the light and where does the darkness go? It doesn't go anywhere; it simply doesn't exist.

There is no absolute darkness. All darkness is comparative only according to our inability to perceive. To the blind, a bright sunshiny day is as dark as blackest midnight.

In the ocean depths are creatures who can see through a darkness so intense that our most powerful searchlights penetrate only a few feet. All darkness is comparative.

So it is with the darkness of Fear. Fear in itself is not a thing; it is the absence of right Faith. You, my Mayan Companions, have received the light. Keep your Faith strong and you will know no Fear.

Evil has no power; it is merely an absence of good. Just as an absence of light makes a room seem dark, so does an absence of right Faith make Fear seem real.

Fear is a devil we create. It is the ravening, hydrophobic, maddened beast, roaming the earth, seeking whom it may devour. It is the raging forest fire seeking timber to consume. But it has no power other than the power you give it. It can devour only the timber with which you feed it.

Moo-lu Ah-kin stood on the shores of a beautiful lake, deep in the valley between high mountains. Behind him were some of his students deeply engrossed in their studies of ancient manuscripts. Among them frisked young boys, carefree and happy as young deer. The students seemed utterly oblivious of them, in spite of their rapid movements and loud clatter.

Moo-lu Ah-kin looked out over the quiet, peaceful lake and watched the calm, mirror-like reflections in it. The mountains, the clouds, the sky, the trees and the flowers all were repeated on the clean, unbroken surface of the lake.

Moo-lu Ah-kin called the boys to him. He pointed out the beauties above the lake and then called their attention to the perfection of their reflection in the beautiful waters. The reflection was as beautiful as that which it reflected. One could enjoy the beauty twice, he pointed out.

But the young and heedless boys did not give it much thought.

Moo-lu Ah-kin smiled gently. He knew it would be so but he wanted them not to miss this beauty. Thinking to awaken their young minds in another way, he said, "Enjoy this beauty that is multiplied by reflection." But they did not understand, so he said, "Soon we return to the country where you were born, to the place that is surrounded by the ocean. You cannot get such a reflection from the ocean, because it is always stirred up, restless and in constant fret, stirred by tides or winds or waves."

But still these, whose minds were not yet fully developed or fully receptive, did not understand. So Moo-lu Ah-kin spoke again, saying, "So it is with your minds, my children of the ocean. You cannot reflect the richness and abundance of Universal Mind, you cannot mirror peace and health and happiness if you are constantly in a fret, if you are constantly worried, continually stirred by waves of fear, tides of toil and anxiety. You must relax at times. You must learn repose and peace. You must GIVE MIND A CHANCE."



EXERCISE NUMBER TEN
(To be performed daily)

FILL YOUR MIND WITH THOUGHTS OF BECOMING PERFECT - NOT IN THE FUTURE, BUT NOW.

THINK Health, Abundance, Power, Happiness.

REFUSE thoughts of poverty, disease, worry and disharmony. Drive them out with all the vigor that you would use to rid yourself of vermin. Fear and worry are the filth of the Mind.

CLEANSE yourself of them by thinking in confident expectation of the good, desirable conditions that you want to see manifest.

R E P L A C E F E A R W I T H F A I T H
A N D K N O W T H A T T H E Y A R E I N P R O C E S S O F
C O M I N G T O P A S S — R I G H T N O W

Spread the good word; help others about you; teach them The Way; show them The Path, and rejoice in the good that you do. Free yourself of the Fear of doing. Know the joy of leadership in a cause that is right and that is good.

We salute you as Mayan Lector of Our
Beloved Companionship in .

May Peace be with Thee,

THE MAYANS.